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MANAGEMENT OF LUNATICS,

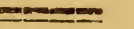
WITH

ILLUSTRATIONS OF INSANITY.

BY

GEORGE PARKMAN, M. D.

"Observez les médecins qui guérissent le plus: vous verrez que ce sont presque tous des hommes habiles à manier, à tourner, en quelque sorte à leur gré, l'ame humaine; à ranimer l'espérance; à porter le calme dans les imaginations troublées."



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District Clerk's Office.

BE IT REMEMBERED, that on the twenty eighth day of July, A. D. 1817, and in the forty second year of the Independence of the United States of America, John Eliot of the said District, has deposited in this office the title of a book, the right whereof he claims as Proprietor, in the words following, *to wit :*

"Management of Lunatics, with Illustrations of Insanity. By George Parkman, M. D.

" ' Observez les médecins qui guérissent le plus : vous verrez que ce sont presque tous des hommes habiles à manier, à tourner, en quelque sorte à leur gré, l'ame humaine ; à ranimer l'espérance ; à porter le calme dans les imaginations troublées.' "

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INSANITY

is want of control of our feelings and propensities. (note a.)

It is conceived of by adverting to dreams, absence, reverie, full influence of any strong emotion, anger, (note b.) joy, grief, astonishment.

Appearing only in words or little acts, it is DELIRIUM, being to more active insanity as dreaming to sleep-walking.

Relating to certain subjects only, it is MELANCHOLY, generally with dejection.

Relating to the patient or his affairs, with distress, it is HYPOCHONDRIA. (page 12, c.)

Weakness of understanding, of will and affections, passiveness of mind, not connecting ideas received, is DEMENCE.

Obliteration of intellectual faculties is IDIOTISM.

Insane persons cannot direct their attention *ad libitum*, as others cannot collect themselves, after witnessing uncommon events.

When objects presented are not noticed, and clear sounds make no impression, there is no proof of failure of the senses; the mind, intent on other objects turns not to these, and receives not impressions they can convey. Thus susceptibility to cold, hunger, thirst, sound, and to fulness of the bladder, is lessened even in "sane" people.

Imperfect memory is consequent to unsusceptibility and deficient attention, all opposed to true judgment.

When the senses are blunted, while memory, imagination and association of ideas are entire, ideas from these predominate, and produce corresponding conduct; as in severe erysipelas, the eyes, ears and nose being shut by inflammatory swelling.

When insane persons are asked the reason of certain extravagances, they often say, "I could not help it," "I forgot," "I was dreaming,"

Ubi sum, ibi non sum; ubi non sum, ibi est animus.

Insanity often resembles somnambulism. Some, who have been insane for years, speak of events before insanity as late ones, and forget late ones, as dreamers have no idea of the time they have slept, and often no distinct recollection of their dream; and as the aged remember the events of youth, not those of recent days.

Little dependence is to be placed generally on the promises and apparent resolutions of lunatics.—*Terent. Eunuch.* 1. 1. 12—19.

When, in suspicious insanity, the eye or ear is very acute, or any sense or faculty, may it not be attributed to constant use; or is it analagous to that sensibility in other diseases, in which the sufferer, highly susceptible to atmospheric influence, foretells storms, though shut from seeing the sky; and by which a door's creaking is so offensive, and certain sights so frightful to some?

Some lunatics are wakeful, for the same reason apparently as "sane" persons greatly excited.

The astonishing strength of some lunatics seems analogous to that of some "sane" persons, under strong affections, and motives, as anger, sense of danger, wish to defend.

(d.) Strong sexual desires often seem independent of the moral state, their appearance following application of physical agents, effluvia of cantharides, certain food, &c.

(e.) Many apparent extravagances of lunatics are measures indicated by their peculiar state. A lunatic throws a chair at his window, not to break it, but to be rid of the person he fancies spying him. Another unconscious of disease quits home, to avoid restraints he thinks arbitrary.

Some insane persons seem impelled irresistibly to acts they abhor, murder, &c. and warn their friends of them. It may be conceived of by adverting to burning lust with the power of gratification, to a ferocious hungry animal in sight of prey, to man on a lofty eminence, to women's "longing." "A pregnant woman, seeing a baker with naked arms, made her husband hire him, to let her bite his arm."

Is not "charming" in animals attributable to similar principles?

Persons experiencing noise in the ears, with increased activity of imagination, sometimes fancy distinct sounds, revelations, an animal in their head. Increased susceptibility makes them alive to such affections, and subjected to them;

Omnes se terrent auræ, sonus excitat omnis.

Should any one, in the irritability induced by midnight study or similar causes, consider this subject intently, even a short time, let him move from his reach every means of self-destruction and maniacal extravagance, and quit his study as soon as he feels that *exaltation d' imagination*, its almost necessary effect, and analogous to effects of midnight frightful tales, &c. and to the state attending maniacal extravagance.

Disposition to insanity, like other qualities of parents, seems transmitted to children. (1). f.)

Many, become insane, have showed peculiarities of mind from early infancy.

(g.) Constant reciprocal action appears between mind and body. (note h.)

That each mental power do its office is essential to rationality.

(h.) Strength of each power and propensity is proportioned to its use.

Inactivity or undue exercise of any power or propensity disturbs the intellectual equilibrium. note kk

Disease, apparently from difficult accomplishment of puberty, oftener attacks girls than boys. The womb

and breasts are often disordered, and specially affect the mind; the cessation of their functions is often unfavourable.

Females are obliged generally to be cautious, which saves them the consequences of many false steps.

Through life most of them look to some one for support and advice.

Men have more objects and anxieties than women; but each object has but a share of attention and interest. If any fail, attention to others diverts from disappointment.

As soon as girls are marriageable, their principal object is to please men, for physical reasons, and for prospects in life. If they fail at the expected period, especially if their views centre in an individual, they have small defence from extreme disappointment. (note j.)

Without prepossessing qualities to secure common civilities of society, they often suffer severely.

Men's profession is their principal object, matrimony an occasional one, often subservient to business, and suggested by circumstances. Disappointment from this source is generally counteracted by business.

Widows suffer more than widowers, their chance of repairing their loss being less.

The generally extravagant anticipations of marriage-life especially depress females, as affecting their chief interest.

Disappointment in facility of living, pecuniary means, and personal estimation immediately affect the husband; but in his known affections, the wife participates considerably.

Sickness shows special effect on men, keeping them from activity and means of subsistence, and making them anxious about their affairs.

Sorrow, mortification, suspicion, caprice, prejudice, unnatural gratification of lust, show respectively equal effect on the sexes.

These show special effect on men; impatience, petulance, responsibility, rashness, avarice, pride, extravagance, dishonesty, political and professional enthusiasm, gormandizing, venereal disease.

These show special effect on females; jealousy, irresolution, religious enthusiasm, *ennui*, fashion, seduction, abstinence.

From puberty, brilliant talents, astonishing facility of receiving and communicating ideas often appear suddenly, especially in females, followed by mental mediocrity, disappointment and supineness.

Some, with conscious energy, and premature or professed estimation of friends, especially in families less informed than themselves, begin life with extravagant expectations of success, think themselves objects of interest, and adopt peculiarities,

Digito monstrari & dicier "Hic est!"

That they fail to conciliate and are of the multitude paralyses their efforts. (note k.)

Some seem to think industry alone required, and but in the favourite branches of their pursuits, not regarding the management and drudgery essential to success forgetting that though "knowledge may give weight,

and accomplishments give only lustre, many more people see than weigh." (And Chesterfield. 296 let.)

Some, expecting inheritance, think exertion unnecessary, society's estimation worth little. They often show extreme effects of *ennui*, and irrationality. *note kk*.

Intemperance may be consequent to maniacal disposition, and aggravate it, or precede it. *note kk*.

Intemperate parents are often succeeded by insane children. (8. f.)

Misplaced confidence in others is a great enemy to mental repose and sanity.

Nemini confide secures constant exertion of the intellectual powers, (8. h.) instead of reliance on others. (And Earl Clarendon's Life continued, ed. 3, vol. 3, 977; and Tristram Shandy, vol. 1, chap. xi. "Gravity.")

"Treat your friend as if he may be your enemy, and *vice versâ*," secures caution and prudence, protectors from disappointment and its consequences, encouraging constant connexion in the mind between present conduct and distant consequences;

nullum numen abest si sit prudentia.

"Disinterestedness" shows no immediate reference to self, but looks generally to distant self-profit, reputation, satisfactory occupation, power of patronage, grateful return. *note kkk*.

Parents are often grateful for kindness to their children. (And Rochefoucault's Max. "Gratitude")

(note l.)

8 (~~10.~~ g.) When changes in the mind follow effects on the body, we know not whether they are from these effects, or distant consequences from intermediate ones.

"Man is a harp, whose chords elude the sight."

Sometimes peculiarity of mind coexists with peculiar form of head, especially in idiots from birth, as often with common form. Dissection of the head shows the same.

Other disorders show as frequent disease of the head, and the same as insanity.

The digestive organs oftener show disease in insanity, than the brain, particularly before and during *hypochondria.* A fit of anger in "sane" persons is often succeeded by increased bilious secretion and vomiting or purging, or copious salivation.

Some idiots exhibit the manners, voice and propensities of some animal, refuse other than its peculiar food, and show no acts like men's. "An idiot not only exhibited the manners of a sheep, but his back, loins and shoulders were covered with a sort of hair flexible and blackish, an inch and a half or two inches long, in fineness approaching wool."

(c.) Some states of body are attended with analogous delusions. Insane persons, with commotions and rumblings in their bowels often attribute them to animals within. Some, with bowels morbidly swollen, fancy themselves pregnant. Some with eruptions of the skin fancy they have the itch. Some who have had venereal disease, or think they have been exposed to it, attribute their uneasinesses to its fancied existence. Some who have had piles attribute theirs to a growing fistula. Some, subject to sensation of light-headedness, fancy they have lost their head.

An invalid rich man loses a small part of his fortune, poverty stares him in his face. Another suffers opthalmy, the horrors of blindness beset him. Another, with superabundant health, gains a little bodily weight, and is haunted by apoplexy. What is there surprising in the delusions and extravagance of those whose reasoning powers are yet weaker!

Even "sane" people are subject to delusion, apparently unconnected with and dissonant from their bodily state. Persons having suffered amputation express feeling from the amputated part. Memory of sensations or ideas strengthened by their force or repetition gives the impression of reality. To this are attributable many delusions as to fear, hope, expectation, e. g. S--

To ascertain the existence of insanity, or the feint of it, unless the intention of the examiner be concealed from the patient, the enquiry must be extensive.

Melancholy from home-sickness hides its cause.

That lunatics are insensible to suffering, is a cruel error.

Strangulat inclusus dolor, atque exæstuat intus.

A raving maniac, under my care became stupid, and apparently indifferent to every thing, extremely filthy, and as would be called, a most disgusting object. He passed some weeks like an animal, without speaking or seeming to regard the endless and

severe attentions he needed and received. His first speech was, with emphatic sobs "did you *ever* know *any*-one *half* so wretched as I?"

Quæ sua sors hodie est, cras fore vestra potest!

Do dreaming men, or unjustly angry, anxious, distressed, envious, suspicious, prejudiced, impatient, petulent, avaricious, proud, enthusiastic, jealous, irresolute, suffer less because their feelings result from delusion?

O munera nondum intellecta Deûm!

AS soon as maniacal disposition appears, let the sufferer be secluded, to counteract it, and that it may not be exposed to society, on whose estimation he depends after recovery. Specially important is this step, if, as is generally the case, he has been suffering bodily infirmity. Then insanity is not recent, but needs efficiency to dislodge it.

Lunatics should be deprived of means of injury, and placed in situations least likely to excite or continue their extravagances, most favourable for self-command, and for controling them by gentlest means, when self-government is insufficient.

As their extravagances result from some uneasiness, their situation should be comfortable as possible, with such domestic circumstances as they can enjoy.

Neatness is essential to sense of personal dignity.

In early stages, arrangements peculiar to well-conducted asylums presently relieve many, without active medical treatment. Later, the disease is more

complex and fixed, especially after injudicious management.

Let one, who has required fullest coercion, be brought to an asylum, in the irritation generally produced by domestic restraint. Receive him with courtesy due a stranger, he finds nothing there to which he can refer such feelings as have agitated him; feelings arise corresponding to his new situation.

Bring one, whose caprices have been indulged, and tyranny dreaded. Oppose his extravagances at once by effective energy, he sees the futility of resistance.

Asylums should seldom be viewed as objects of terror, nor be named to patients before entering them. Patients should be conveyed there without exciting suspicion. They need not learn the nature of their residence, till maniacal extravagance discloses it. Generally surprize arrests their attention for the disclosure of the leading principle of the establishment, the inseparableness of self control and comfort, of extravagance and irresistible constraint.

Those who wish them should have separate rooms, not be forced into society they do not desire.

Intercourse with each other may be encouraged, while it is free from any thing unpleasant. It should be so conducted that the parties be not injured as to their disease; nor, in cases of mutual convalescence, as to after-acquaintance.

Those disagreeable to the rest should be removed from them, as should every cause of discontent. Address should be used to separately satisfy each party.

(m.) Generally improper behaviour should be followed by seclusion. Sometimes maniacal extravagance has contagious effect, especially on recent and perhaps transient insanity.

Generally idiots should not be seen by other patients.

To those who show extravagant lust sight of others is often aggravating; their own example dangerous. (7. d.)

Cheerfulness often irritates and distresses melancholicks, making their state more conspicuous to them. Greater sufferers than themselves offer them comparison in their own favour. (22 p.) Sight of distress is more likely to effect content and cheerfulness than gay scenes.

——Similes aliorum respice casus;
Mitius ista feres.

Some patients resist regulations, thinking them made for themselves. The sight of other's extravagances serves them as a mirror, and shows them the necessity of order and direction. A useful competition often follows, as to the rationality each can exhibit.

Classing them according to their self-control strengthens it.

Note cc.

(n.) Placing boisterous patients within hearing of each other is often useful. They are generally timid; and fear of each other calms extravagant excitement. They sometimes "beg to be removed from such frightful noise." (24. o.)

Some use habitually high tone of voice, to be checked by addressing them in a low tone, and dis-

regarding questions and requests, made in a different tone. They should be separated from the more quiet to prevent annoyance.

Those under particular diet should take it separately, lest they crave the common diet; others may meet at meals.

It should be understood by the patients no intemperance is allowed; stimulating diet is fuel to their disease; therefore (q.) only those who act rationally will have a common diet; the quantity of each one's food is to be proportioned to his activity. This will be a great inducement to employment (20. r.) and will counteract a propensity common especially to female lunatics, of staying in bed, which excludes inducements to action, and invites recurrence to circumstances which excited, or continued the disease.

Indifference to food must be steadily counteracted. The sufferer may generally be induced to take nutritious liquid at meal time.

(v.) The food should be pleasant and well served. Sausages, anchovies, oysters, smoked beef, ham, salmon, often excite appetite.

When patients show determination to fast, attempts to dissuade often confirm it. When it shows wish to give anxiety, apparent indifference is likely to arrest it. Attention to the digestive organs, exercise, diversion, sight of the family enjoying a good meal, none of it being offered to the sufferer, as if he could not eat, are useful means.

When it has been necessary to oblige a patient to take food, I have used satisfactorily a flexible bottle

and stop-cock filled with milk, or rennet-wey with wine. Medicine too may be given so.

In urgent cases, nutritious clysters may be used, the patient being first made quiescent, if necessary, by mechanical means.

Inappetency of food appears in "sane" persons, under strong emotions, as anger, fear, surprize, expectation: and voracity sometimes in adverse circumstances, the result of which is pretty certain, and for which they are prepared; as is sometimes seen in families bereaved, or who have a member very sick; and in condemned criminals.

Voracity may be corrected by various measures relating to the preparation and kind of diet.

Some lunatics are worse in the morning. Then unoccupied by the occurrences of the day, they are most susceptible of their subjects of delusion, which then have special influence from the contrast they exhibit from sleep. (28. t.) The consequent paroxysm may be interrupted by employment, breakfast, &c.

Sometimes a patient needs an attendant, whose constant presence supersedes much confinement; who by judiciously checking each rising extravagance, saves greater restraint. Should he fail to conciliate, and to acquire due influence, the patient should be told "he acts by orders he dares not disobey." Confinement, with privation of his attendant, will show the worth of his services.

To some, absolute confinement is less irritating than personal guardianship, which, as conditional, favours the patient's reluctance to resign self-direction.

Propensity to suicide seldom appears but in solitude. Patients of whom there is doubt on this subject should have a room-mate or attendant. (20. u.)

Should a female be so outrageous as to need a male attendant, he should be accompanied every moment by a female attendant.

Most patients show undue determination of thought to a particular subject, excluding due influence of other subjects. They must be separated from objects which excited and cherish it, and attracted by others. (r.) Hence the necessity of employment. Where other inducements fail, (17. m. and 18. q.) rewards or small wages may be used.

Domestic concerns of Asylums may be transacted mostly by patients, in certain states. Cows, poultry, bees, &c. may be committed to them.

Females may sew, knit, make lace, chords, tape, &c. and wash clothes for neighbouring families.

It is so difficult to employ insane people generally, they must be encouraged in pursuing any proper object, which interests them, games, copying, learning by heart, reading, especially to one another. I have often seen the celebrated Mr. M. many years a formidable patient in Bedlam, employed in beautiful architectural drawings.

(u.) To some patients others may be committed. Convalescents are delighted by judicious confidence in their recovery, and seldom abuse it, and patients readily take advice from fellow-sufferers.

Locating Asylums out of town allows some patients a range beyond the asylum, with their attendants, who must remember patient's consequent exposure to ob-

jects possibly injurious. Severe paroxysms often follow uncommon exercise.

Some patients may attend morning and evening prayers, and religious exercises, Sundays, which employ them, beside inducing and preserving good habits. The exercises may be short, and may indirectly and therefore efficiently impress ideas subservient to restoration, as

Physical and moral temperance securing health, happiness and longevity;

The success of well conducted asylums, in restoring those who faithfully adopt their means of relief;

The blessings of institutions so happily adapted for establishing health, and for diversion and respite from cares and sorrows;

Their own promising state compared with other patients unable to worship, and with those unable to enter the asylum;

The perplexities, anxieties, fatigues and discouragements of the management;

The need of regulations;

The pain of inflicting restraints;

The interests of the conductors of the asylum inseparable from those of the patients;

The duty of the establishment to omit no remedy, though immediately painful;

The incapacity of the sick to judge of their disease;

The propriety of resigning themselves to those experienced in it;

The duty of considering these things, for their restoration, and to lessen the burden of those who labour for them.

Such exercises may give occasion to *employment* of music,

Dulcisonum reficit tristia corda melos.

To melancholicks plaintive notes are often more grateful than sprightly ones. (17. p.)

Visits are least likely to do hurt, made to sufferers who having passed some time in the asylum, seem worse, or show no amendment. Such visits are a sort of experiment their state may warrant, and may show the Institution tries to sooth sorrows it cannot now cure.

"Incurables," as many technical words, conveys no distinct idea. Even idiots have acquired or recovered some reason after a steady course of judicious discipline. *Lateat scintillula.* Here management consists much *perseverando, expectando,* in *traitement expectant*, physical and moral *regime*, preventing and removing obstacles to nature's salutary efforts. Long time, no active measure seems applicable. Attempt to *do* something may extinguish *scintillam quæ lateat.* Small means acting uniformly and constantly often effect much. The experience of judicious regularity, long absolute rest, absence of all exciting causes are most likely to effect or give room for relief, or for a state admitting a *traitement agissant*, "founded on spontaneous changes always going on in the body." This may be followed by a *saison expectante;* and this alternation may continue, in degree, till recovery or death.

This view promises little, but understood and pursued is full of satisfactory results; much more than stratagem, to obliterate maniacal ideas, and effect complete mental revolution, which is generally defeated by the sufferer's suspicions. Some to be sure are

frightened into senses as well as out of them. A gentleman insane three years recovered reason permanently, a straw bed taking fire in the room he was confined in.

Visits should be confined to the persons they are made to. A whole company of patients are often put in an uproar at the sight of a stranger.

"Nonne supra omnem furorem, supra omnem insaniam, reddunt insanissimos."

Visits are to be made only with great caution. I think never but with patient's earnest solicitation; then they may be promised as conditions of continued previous self-control. They should be short; the visitors should be taught the conversation and conduct to observe.

Should the visit do hurt, it should not be repeated till the patient is much better.

Asylums more readily relieve strangers, than those whose friends live near.

Asylums should secure their subjects from objects possibly injurious. Bereaved parents generally support with fortitude their loss, except the sight of children brings painful recollections;

mistoque insania luctu.

Even in small asylums, scarce a visitor can present the sight of whom may not excite, in the active imagination of some patient, ideas connected with the origin of his sufferings, and consequent food for their continuance and aggravation.

A system of visiting assenting to the anxious *judgment* of friends transfers responsibility to them, and relieves the Institution in unfavourable events. Curiosity and self-gratification are opposed to enlightened readiness to serve suffering friends.

Best treatment of insanity needs combination of circumstances seldom to be effected but in asylums. Experienced physicians do not expect to complete domestic management of cases which do not end soon, but to have to relinquish them, after perplexities, discouragements and imputed inability. The same happens sometimes in less distressing disease, needing not half the continued attention and cost.

Asylums here are so few; their faithful management so full of responsibility, fatigue and danger; needing such patience, resolution and forbearance; presenting such distressing and disgusting scenes. few follow such objects. These may judiciously enjoy the means of observation asylums give. Others may see the asylum, not the patients. (27. bb.)

Those who show propensity to suicide should be restrained by a strait jacket or other means; or their bedding should consist wholly of straw.

So much less painful to sufferers is judicious restraint than indulgence of extravagance beyond their control, they sometimes beg to be submitted to restraint, to supply want of self-control, and reclaim their freedom, when they feel relieved from the maniacal impulse.

(o.) Seclusion occasions many little wants, to be improved to exercise self-control. Abuse of privileges should be immediately followed by privation of them. (17 m. and 18 q.)

Fear is to interrupt maniacal ideas, and allay excitement. Other means are preferable, if as efficient.

To correct various extravagances, and general excitement, the *douche*, (see L' alienation mentale par Pinel. 2. ed. 329.) and the rotatory swing are efficient.

In furious patients the calm and passiveness of seasickness may be effected by fixing them upright in a covered boat, ropes from the boat to each shore agitating it to any required degree.

Patient's discharge should be regulated by the institution. Under most cautious management relapses occur, and besides individual hurt, injure the asylum, "Flaws of the soul like wounds of the body are in danger of breaking open again."

Friends of patients may be fined for removing them against the advice of the Institution. It would be a check, and not abused in a respectable establishment.

If applications for admission exceed accommodations, patients should be preferred who will serve most the asylum's finances, till it has every accommodation for its most successful conduct. Then applicant's claims may be estimated by the probable aid they may expect from arrangements *peculiar to asylums*. These give such relief to patients and friends, a question should be, in fixing rates of remuneration—how much can the patient pay ?

In restorations, the asylum may reasonably and not unprecedently ask grateful donations proportioned to the means of the relieved.

There are many sufferers whose admission would relieve their friends. But these institutions are "to relieve insanity." Modifications to accommodate

friends, or for other objects however useful, lay foundation for perversion. Asylums may give external direction and aid.

Every destitute sufferer should be supported by his relations. Their deficiency should be supplied by his birth place; if he is a stranger, by the state. If these combined are insufficient for his expenses, the asylum's charity may supply the deficiency. Should it be called to aid its patrons or their dependents, their degree of patronage should be considered. (2 Sam. 9. 1—8.)

The Medical Superintendent should have the best understanding of every subject of the details of the management of the asylum; they essentially affect patients. He should be able to act promptly in every emergency; in failure of the attendants, he should remedy the past, and prevent mischief. Nothing useful to the asylum should escape his notice. It has a right to expect from him better-informed judgment on every subject connected with it, than from any one else. He is therefore responsible for every measure, and for the conduct of all employed. He is to remove the real or imaginary grievances of the patients. If he is not acknowledged in the asylum the best judge of every thing relating to them, with full powers to use his judgment, their complaints will be smothered by underlings, who will try to establish,—madmen are not to be believed.

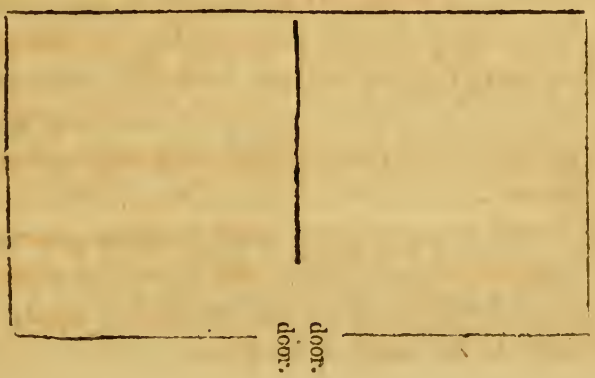
He should be acquainted with asylums generally, know their structure in detail, what is, and what should be. He is inefficient if he cannot readily apply his knowledge to the wants of his place.

The circumstantial diary of such a medical superintendent would furnish materials for the best treatise on mind and its diseases.

All employed should notice every thing presented to them concerning the asylum's interests. Neither from favour or fear should they conceal misconduct of associates or patients; but so expose them as to prevent mischief. (bb.) Well-directed, strict *surveillance* will not be objected to by faithful officers.

In building asylums it is generally best to confine expenditure to present wants, with reference to probable ultimate arrangements. Experience gradually develops particular wants more fully than consideration, however useful, of other remote institutions. Unfinished form is unimportant, compared with inconvenience, labour and expense of premature arrangements.

For lunatics disposed to attack attendants, or who must be kept very still, or seem disposed to suicide, I have used with advantage a double apartment.



An opening (28. v) shows in which room the sufferer is; one room may be cleaned without disturbance or danger; opening the door of which shuts communication with the other. Closing the intermediate passage may form two single rooms, for the general class of lunatics, they need not exceed 7 ft square and 7½ high. (28. w. and x.) It was advised the rooms in New Bethlem should be 7 ft. by 8.

Windows 3 ft. by 18 in. (w.) reach the ceiling, opening above for ventilation; preventing escape, without appearance of confinement; sash-ropes hid; windows of those who break them guarded by strong wire lattice or convex grating.

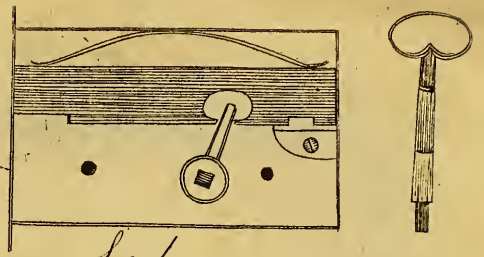
(t.) To those excited at day-light, apparently by stimulus of light, it must be admitted gradually.

(x.) Side of the room next the passage, may end 4½ inches from the ceiling, for ventilation and warming from the passage (29. y.), the opening can be shut, when necessary, by a sash of wood. It is very difficult to combine ventilation and heating with security from each other's noise. (17. n.)

(v.) In this side may be fixed a half cone inverted, of hard wood or stone, turning on its long axis, its base excavated to form a bowl, and plate for conveying food from without, without disturbance or danger. Inviting food, thus presented is often accepted, which would probably be rejected from an attendant. (18. v.)

A close stool may be arranged with like facilities, in which water should always be kept: the cover falls of itself.

The bed-stead is a plank of hard wood 3 ft. wide, polished and painted on its upper side, sloping a little diagonally to shed the urine into the close-stool, sup-



Lock.

Inside.

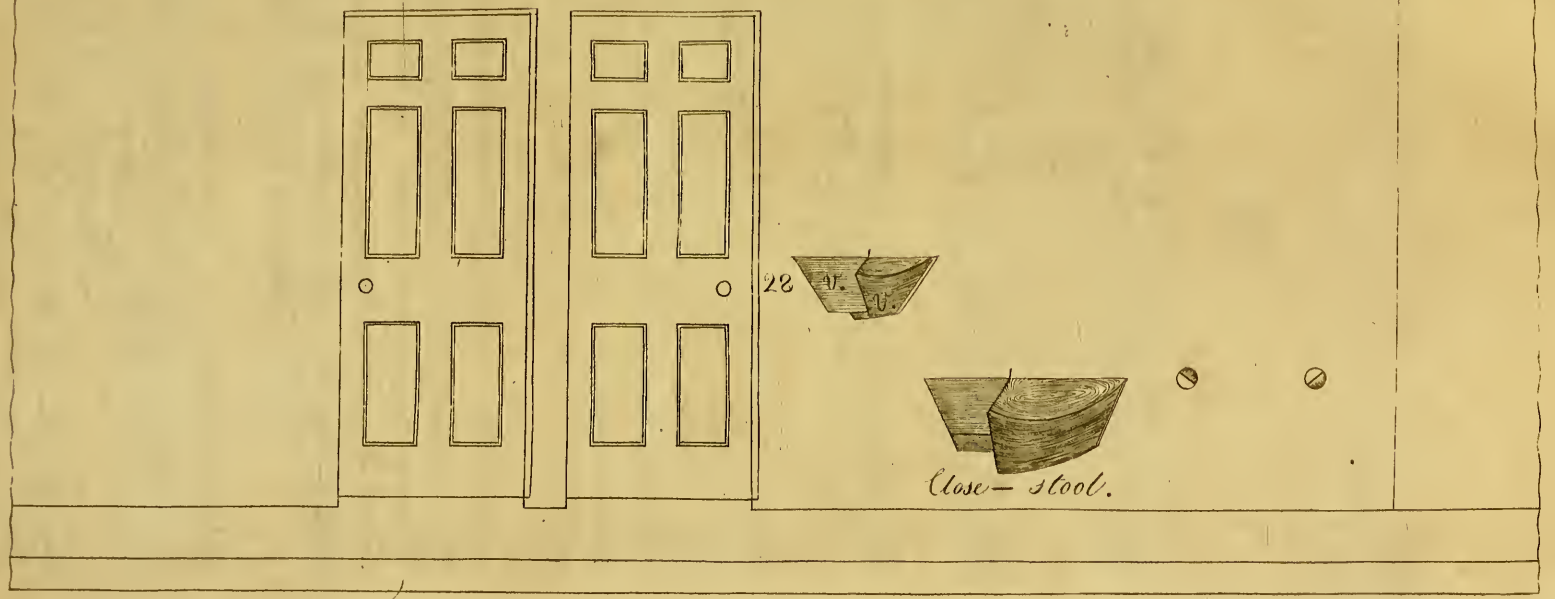
bed.

Upright

Sash raised.

Section of ceiling.

Sash shut down.



Front on corridor.

ported by ledges in two opposite sides of the room, and serves as a seat; moveable for cleaning and drying, and fixed by two screws without, which prevent its use as a means of violence.

Where patients sleep on the floor, they are less comfortable, more impressed with their situation, and the room is less clean.

Door-fastenings should be such as may be used easily, without noise, that patients may not be reminded of confinement.

(y.) A building for these sufferers, of two stories, quite distinct, for the sexes, entrances at opposite ends of the building, two tiers of rooms separated by a passage, may be warmed by a locked stove with funnel so extensive that no heat may be lost. I know no objection to placing one story two or three feet under ground, if well built and situated.

The warmth should be such, none can suffer. Some will not be covered, yet suffer silently, and have their toes and heels frozen. Persons in a trance, apparently dead, on recovery have expressed full sense of suffering from means used to rouse them; yet great injury may be done without pain to a limb "asleep."

State of the bladder must be constantly noticed. Unwillingness to empty it may be counteracted by a laxative or emetico-laxative, which often effects involuntary evacuation of the bladder.

Some suffer severe heats, especially about the head and bowels, as "sane" persons occasionally, under strong emotions. Refusing clothes then is instinctive or judicious. (7 e.) They are relieved under cold,

and the free use of acid and gently laxative drink. Keeping the head shaved relieves it.

In England, if a lunatic kills a man, he is chained to the floor for life, that murderous propensity may not again be indulged. For such, these rooms are adapted, rendering intercourse with any one unnecessary.

Insanity which hurts not a patient's happiness, but increases it, should be treated cautiously, perhaps let alone. (note aa.) Removing a delusion may make him less happy or more insane. Innocent ideas and employments exclude others, and sufferings which attend many cases of apparent insensibility.

> Indulgent heaven
> Sent *to us* kind delusion, through the paths
> Of rugged life to lead us patient on.

Many families have members becoming dissipated, extravagant, deluded. Immediate seclusion from objects exciting and maintaining such extravagances is most likely to remove them, to prevent painful consequences. The knowledge of an establishment, where, as soon as their paroxysms appear, this numerous class could be received, would have a preventive effect on them. (note dd.) I have visited four institutions for this purpose, I know histories of many, which show their utility.

To females of this sort, convents have afforded wholesome discipline and seclusion, and freed their friends from evils they could not bear or remedy.

A young patient presented a dreadful series of maniacal extravagance for six months. He recovered

under medical and moral treatment. For a long time before his maniacal state, he exhibited almost every fault without any thing recommendatory. He lately wrote to his friends—"I lost my reason long before it was known to any of you. Those moments were bitter. Whatever I may have done amiss ought not to condemn me."

"So often have I found some of the family of persons of extreme dissipation at some period insane, I seldom pass judgment of them, till I am sure they are moral agents." When it is doubtful, it is shameful to leave them to the dangers of self-direction.

To what subject can be applied more forcibly "prevention better than cure!" Dr. Rush used to begin one of his lectures—"Gentlemen, I rise from my seat to beseech you---arrest disease in its early stages!" Histories of most cases, make it seem they might have been prevented or mitigated by judicious early management.

Many persons, thinking themselves predisposed to gout, rheumatism, consumption, &c. use habitual caution, and avoid them. Precaution is more applicable to insanity, the evil to be dreaded much greater, the threatening symptoms as evident, if not to the deluded sufferer, to the unbiassed observation of others. (note ee.)

Est animi medecina, philosophia: omnibusque opibus, viribus, ut nobismetipsi nobis mederi possimus, elaborandum est.

NOTES.

(a.) Hor. Sat. 1. 2. 96.
2. 3. 189. 221. 44.
1. 4. 25.
2. 3. 64. 78. 94. 104—122.

"The ruling passion, be it what it will,
The ruling passion conquers reason still.

(b.) *An est quicquam similius insaniæ quam ira? quam Ennius initium dixit insaniæ.*
Omnis animi perturbatio non multum differt ab amentiâ.

Anger and fury, though they strengthen the sinews of the body, relax those of the mind, and render its efforts impotent.

(h.) *Oculum non curabis sine toto capite,*
Nec caput sine toto corpore,
Nec totum corpus sine animâ.
Ειιχε τα της ψυχης παθη παντα ειναι μετα σωματος.
(And Armstrong's Art of Health, b. 4.)

(hh.) Love, hope and joy,
Hate, fear and grief,
These mix'd with art, and to due bounds confin'd,
Make and maintain the balance of the mind,
Then Judgment sits clear sighted, and surveys
The chain of Reason with unerring gaze.
But good or bad to one extreme betray
Th' unbalanc'd mind, and snatch the man away.

(j.) Extravagant love is not pleasure, but disquietude with most irregular emotions, peculiarly calculated to disorder the understanding.
Amare simul & sapere ipsi Jovi non datur.
(And Plaut. Mercat.)

(k.) Happy he, who knows the world early enough to make it his bubble, when most youths are the bubbles of the world. They grow wiser too late, ashamed and vexed at having been bubbles so long.

(kk.) *Nec quæ circumstent te deinde pericula cernis Demens! Genus & proavos, & quæ non fecimus ipsi, vix ea nostra voco. Quisque suæ fortunæ faber.*

(kkk.) What vain preeminence is thine?
Each sense impair'd by gluttony and wine.
Thou art the beast, except thy soaring mind
Aspires to pleasures of immortal kind!

(kkkk.) Passions, though selfish, if their means be fair,
List under reason, and deserve her care;
Those, that imparted, court a nobler aim,
Exalt their kind, and take some virtue's name.

Bliss is the same
In who obtain defence, or who defend,
In him who is, or him who finds a friend.

Who does a kindness is not THEREFORE kind,
He's blest in what *he* takes, and what *he* gives.

(l.) *Omnibus veris falsa quædam adjuncta, tanta similitudine, ut in iis nulla insit certa judicandi & assentiendi nota, ex quo existit et illud,* MULTA ESSE PROBABILIA.

Nil admirari.
Il est bon de voir les hommes à découvert.

Envy—a frenzy we dare not own.
Dejected while another's blest.
(And Ov. Met.)

Of 245 lunatics at one time in an asylum, a great majority contracted their disease in convents.

The author of "Anatomy of Melancholy" lived a silent, sedentary, solitary life, penned up most part in his study in Christchurch College, Oxford. He composed the book to relieve his melancholy. On his monument is

Hic jacet Democritus junior
Cui vitam dedit & mortem
Melancholia.

The great passions are solitary; to transport them into the desert is to give them empire.

Solitude and idleness remotely cause and foster many passions, and make us reflect the more on their causes the less we are interrupted by other sensations.

Indolence—a sort of suicide; the man is destroyed, though the brute may survive.

Studia adolescentiam alunt, senectutem oblectant, secundas res ornant, adversis perfugium et solatium præbent. delectant domi, non impediunt foris, pernoctant nobiscum, peregrinantur, rusticantur.

Si tempus in studia conferas, omne vitæ fastidium effugeris, nec noctem fieri optabis tædio lucis; nec tibi gravis eris, nec aliis supervacuus.

(And Shaftsbury, v. 2. 160.—Armstrong, b. 4.)

Is improved or uncultivated state of mind most conducive to insanity? As the mind is expanded, is the surface of impression extended?

Lunatics, who for some years avoid conversation and seek solitude, acquiring no ideas, time effacing those formerly received, lapse nearly into idiotism. (cc.)

(aa.) *Potest utilis esse insania.*
Pol me occidistis amici,
Non servastis, ait, cui sic extorta voluptas,
Et demtus per vim mentis gratissimus error.
(And Armstrong, b. 4.—Somerville's Lunatic.)

(dd.) Chesterfield writes to his son.—I order H. to carry you to a place I have named to him, on the first symptom in you of drinking, gaming, idleness or disobedience.

(ee.) *Prævisum est lævius, quod fuit ante, malum.*

Dr. Young walking with Dean Swift, (who gave a third of his income to the lunatic asylum, Dublin,) and some others a mile from Dublin, suddenly missed Swift, who had staid behind. He found him at a distance, gazing at the top of a lofty elm, whose head had been blasted. He pointed Young to it, saying, "I shall be like that tree; I shall die at the top first!"

Extract from Mr. B's. diary.——Oct. 31. I pray I may be prepared not so much for death as for loss of memory. The repetition of these fits must at length reduce me to idiocy."

MASSACHUSETTS LUNATIC ASYLUM,

a mile from Boston, on a gravelly eminence, commanding an extensive amphitheatre of prospect, comprises 20 acres, highly cultivated, bounded on one side by a stream of Charles river.

A foot bridge, belonging to the estate, completes its direct communication with Boston.

A pier allows vessels to approach of 40 tons.

The main building is 75 ft. by 45, partition walls of brick. Sixty feet from each front end of it, and joined to it by piazzas, brick buildings are erecting, one for each sex, 3 stories, 76 ft. by 40, each story having a gallery, a day room, and lodging rooms, heated by air-pipes from the cellar.

1. M.W. 1817. P.

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